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| **Patient Simulation Exercise:**  **Healthy Eating with Chronic Conditions** |

Objective: To foster an understanding of the barriers people with chronic conditions face as they attempt to follow our nutrition advice.

Prep Work:

* Review MyPlateMethod
  + www.choosemyplate.gov
* Review DASH diet
  + www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/dash-diet/art-20048456
* Become familiar with SNAP (Supplemental Nutritional Assistance Program)
  + www.fns.usda.gov/snap/supplemental-nutrition-assistance-program-snap

Day of Exercise:

* Meet with the assigned preceptor to review and answer questions from the prep work
* Read Patient Scenario 1 and 2
* Complete the carbohydrate worksheet for each patient
  + Use this and patient specific factors to come up with a one-day meal plan for each patient
* Start shopping!
  + ABCCM Food Pantry
  + Ingles at 1572 SandHill Rd, Candler
* Debrief with preceptor at Ingles
  + Be prepared to discuss:
    - Your meal plans (cost and carbohydrate intake)
    - What did you learn?
    - What was the most challenging aspect of the exercise?
    - What was the easiest?
    - How will you use what you learned from this experience in your future patient care?